

WHOLE SCHOOL MINDFULNESS-CENTERED SEL PROGRAM

WHAT'S INCLUDED

Program Content

- 32 Mindfulness-Based SEL Video Lessons
- 16 Mindful Movement Video Lessons
- 32 Activities/Assignments to Utilize
- 32 Audio Downloadable MP3 Mindfulness Practices
- 16 Reflection Journals
- Instructor and Student Manuals
- 6 Different Lesson Plan Options
- Student Bonus Materials (25 Full Free Additional Downloadable Lessons)
- Stock Art For Program to Use
- Publications Manual

All content for use digitally and for print

All content for use digitally and for print
Access For One Calendar Year



ABOUT THE WHOLE SCHOOL PROGRAM

32 Mindfulness-Centered SEL Lessons + 16 Mindful Movement Lessons
48 Lessons Included

32 Mindfulness-Centered SEL Lessons

32 Activities/Assignments to Utilize

20 Minute Video Lesson

32 Mindfulness-Based SEL Video Lessons

32 Audio Downloadable MP3 Mindfulness Practices

16 Mindful Movement Lessons

16 Mindful Movement Video Lessons

16 Reflection Journals

LESSON FLOW

Program Lessons Possible Sequencing:

- Traditional Format: 3-Lessons Per Week: 2 Mindfulness-Centered SEL and 1 Mindful Movement Lesson
- 2-Lessons Per Week: 1 Mindfulness-Centered SEL and 1 Mindful Movement Lesson
- Mindfulness-Centered SEL Only:
 - 2 SEL Per Week
 - 1 SEL Per Week
- Mindful Movement Lessons Only

PROGRAM MATERIALS

Instructor and Student Manuals

Instructor Manual Includes:

- Traditional Program Flow in Color
- PowerPoints for All 32 Mindfulness-Centered Social-Emotional Learning Lessons
- Supplemental Materials

Student Manual Includes:

- All 32 Mindfulness-Centered Social-Emotional Learning Activities (when each new lesson starts a small lesson with # is on top of activity pages)
- All 16 Mindful Movement Reflection Journal Pages
- Supplemental Materials

Student Bonus Materials (25 Full Free Additional Downloadable Lessons)

More than 25 Additional Activities, Chapters, and Cards from a Variety of Publications

RESEARCH ARTICLES PAGE

Publications Manual

All Research, Evidence-Based Journal Articles Published to Date

OTHER RESOURCES

Stock Art For Program to Use

Miscellaneous Art Images to Use in Marketing, Advertising, Collateral Materials, Website, Social Media, Promotional Materials, etc.